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Men's Transitional House Silver City
1307 N. Swan St
Silver City, NM 88061

575-956-6242

575-956-6947

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Ramirez, Karissa

4/15/2020 11:44 AM

ID: 1000010706932 DOB: 12/14/1993

Progress Note (Non-Rx)

Karissa's husband works in the mine that has workers that have tested positive for the virus. She is panicking. She report having a seizure and was grateful that her husband was near. Karissa reports that she did not go the hospital. She also spoke about previous jobs and being fired from McDonald's because she had a seizure while working. She reports that once employers find out she is epileptic, which is often because she has an episode, she is let go as a liability.

BEHAVIOR:
Good medication compliance is noted. Her self care is reduced and less attention is being paid to these tasks. Her domestic skills are intact within the home, but needs assistance outside the home due to extreme anxiety. She is socially isolated. Her functioning at work is impaired. She has maintained sobriety. Some anger has been displayed. Impulsive behaviors are not currently being displayed. Ms. Ramirez has not been confused.

CONTENT OF THERAPY:
The patient today spoke mainly about issues involving coping with depression. Family problems were also discussed. Feelings of anxiety were also expressed.

THERAPEUTIC INTERVENTION:
Instructions were given regarding ways to facilitate communication of feelings. This session the therapeutic focus was, in part, on helping to clarify areas of difficulty and to develop coping skills and to manage stress. The main therapeutic techniques used this session were supportive. Encouragement to ventilate feelings was also given to the patient.

MENTAL STATUS EXAM: Ms. Ramirez appears guarded, downcast, inattentive, minimally communicative, disheveled, over weight, and tense. She exhibits speech that is normal in rate, volume, and articulation and is coherent and spontaneous. Language skills are intact. There are signs of severe depression. There are no apparent signs of hallucinations, delusions, bizarre behaviors, or other indicators of psychotic process. Associations are intact, thinking is logical, and thought content appears appropriate. The patient convincingly denies suicidal ideas or intentions. Homicidal ideas or intentions are denied. Vocabulary and fund of knowledge indicate cognitive functioning in the normal range. Insight into problems appears fair. Judgment appears fair. There are signs of anxiety. She is easily distracted. No signs of withdrawal or intoxication are in evidence.

DIAGNOSES: The following Diagnoses are based on currently available information and may change as additional information becomes available.

Post-traumatic stress disorder, chronic, F43.12 (ICD-10) (Active)
Borderline personality disorder, F60.3 (ICD-10) (Active)

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